

# Parent & Carer Courses

## Autumn Term 2023



**FREE Courses open to parents and carers living in Hertfordshire**

## Parents of teens

Talking Teens, a free 6 week course for parents and carers of children aged 12-19



- The Teen Brain: the physical and emotional changes taking place during the teenage years and why their behaviour changes.
- The link between behaviour and communicating difficult feelings.
- How to maintain your relationship with good communication.
- Understand risk taking behaviour around drugs, alcohol and gang culture.
- How to negotiate and reduce conflict.

**Mondays 7.45-9.15pm**

**11<sup>th</sup> Sep to 16<sup>th</sup> Oct**

**Online Course ID 603**



**Wednesdays 7.45-9.15pm**

**13<sup>th</sup> Sep to 18<sup>th</sup> Oct**

**Online Course ID 604**



**Tuesdays 7.45-9.15pm**

**31<sup>st</sup> Oct to 5<sup>th</sup> Dec**

**Online Course ID 605**



## Parents of children with Additional Needs

Talking Additional Needs & Talking Families for AN courses

A free 6 week course for parents and carers of children with any kind of additional need.



- Understand your child's behaviour.
- Develop strategies that really work.
- Reduce conflict.
- Improve emotional regulation.
- Explore sensory needs.
- Understand motivation.
- Increase your child's resilience.
- Manage different needs in your family.

**Tuesdays 9.45-11.15am** 1-12yrs

**12<sup>th</sup> Sep to 17<sup>th</sup> Oct**

**Online Course ID 597**



**Wednesdays 8.00-9.30pm** 1-19yrs

**13<sup>th</sup> Sep to 18<sup>th</sup> Oct**

**Online Course ID 595**



**Tuesdays 9.30-11.30am** 1-19yrs

**31<sup>st</sup> Oct to 5<sup>th</sup> Dec**

**FACE TO FACE Course 596**

**St Albans Fire Station**



**Booking essential. Please Quote the Course ID**

**To check eligibility and book a place, please contact Supporting Links on:**

**07512 709556 or [bookings@supportinglinks.co.uk](mailto:bookings@supportinglinks.co.uk)**

Information taken on booking will be used to process your booking, check your eligibility, identify any access needs and will be stored in accordance with our GDPR policy which is available on request



# For Dads

A free 6-week course for dads & male carers

- Increase confidence in your parenting.
- Improve listening and communication skills.
- Develop your dad-child relationship now and for the future.
- Develop strategies for dealing with anger and conflict.
- Learn how to enforce boundaries.
- Be the dad you want to be.



**Talking Dads  
and Talking  
Families for  
Dads courses**

**Wednesdays 7.45-9.15pm** 1-12yrs

**13<sup>th</sup> Sep to 18<sup>th</sup> Oct**

**Online Course ID 602**



**Tuesday 7.45-9.15pm**

12-19yrs

**31<sup>st</sup> Oct to 5<sup>th</sup> Dec**

**Online Course ID 606**



## Parents of 0-12-yr-olds

6-week course for parents and carers of children aged 0-12

- Manage challenging behaviour with consistency.
- Encourage positive behaviour.
- Build your child's self esteem.
- Set and maintain boundaries.
- Respond to tantrums and difficult feelings in children.
- Develop a strong parent/child relationship now and for the future.



**Tuesdays 8.00-9.30pm**

**12<sup>th</sup> Sep to 17<sup>th</sup> Oct**

**Online Course ID 600**



**Mondays 7.00-9.00pm**

**30<sup>th</sup> Oct to 4<sup>th</sup> Dec**

**FACE TO FACE Course 599**

**The Oval Community Centre, Vardon Rd, Stevenage SG1 5RD**



**Thursdays 9.45-11.15am**

**2<sup>nd</sup> Nov to 7<sup>th</sup> Dec**

**Online Course ID 598**



## Talking Anger in Families

6-week course for parents and carers of children aged 0-19

- Understand why children and adults get angry.
- Develop strategies to handle anger in yourself and others within your family.
- Recognise the early signs of anger.
- Reduce conflict and arguments.
- Encourage positive behaviour.



**Wednesdays 8.00-9.30pm**

**1<sup>st</sup> Nov to 6<sup>th</sup> Dec**

**Online Course ID 601**



**Booking essential. Please Quote the Course ID**

To check eligibility and book a place, please contact Supporting Links on:  
**07512 709556 or [bookings@supportinglinks.co.uk](mailto:bookings@supportinglinks.co.uk)**